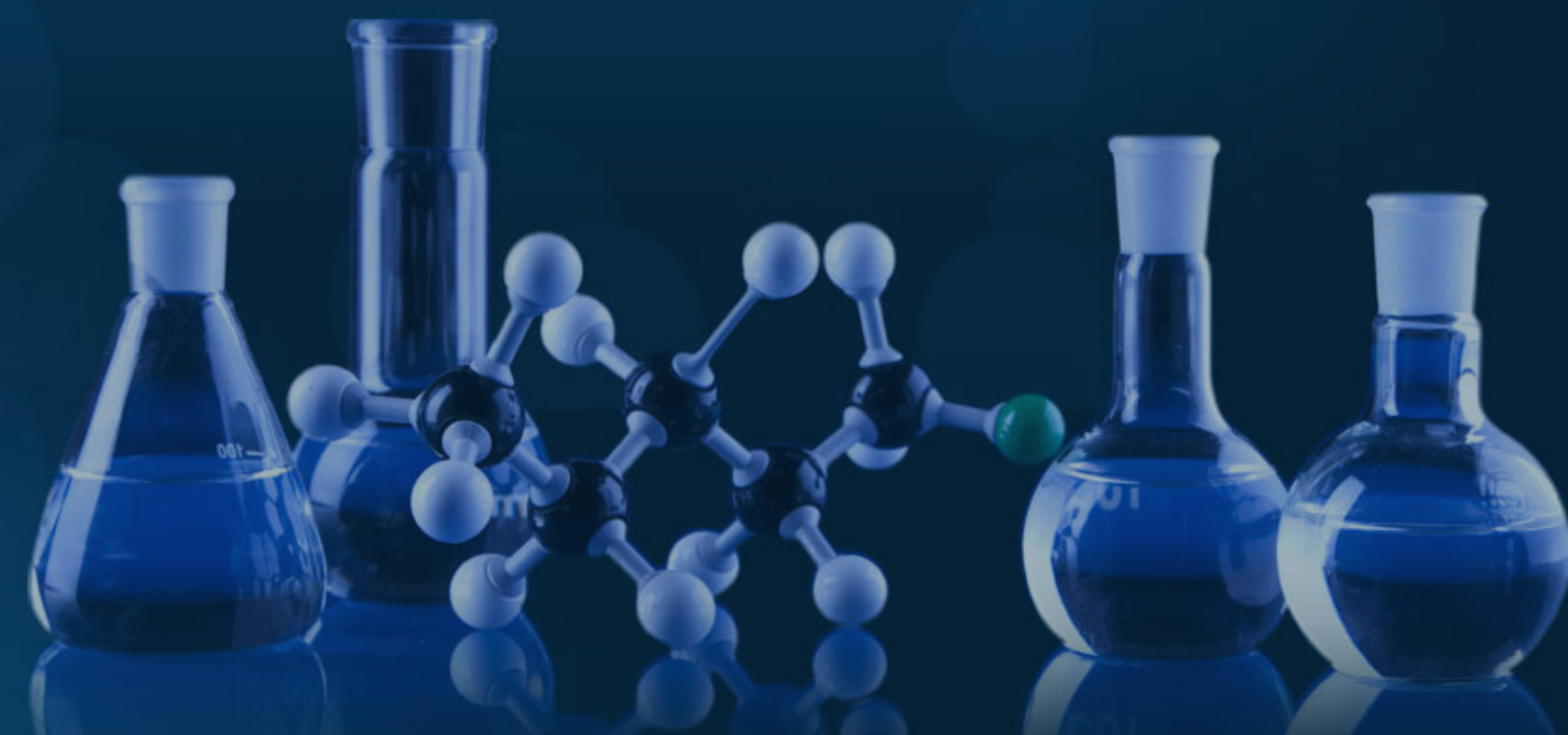




## ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis


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# Kidney Disorders

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## Kidney Disorders

The kidneys are very delicate, complex organs that regulate sodium and potassium levels, blood pressure, pH and fluid balance. Many health conditions involve the kidneys. These include kidney stones, infections, pain in the lumbar area and urinary tract symptoms. Rarer conditions include tumors, parasites, fungi, renal failure and genetic defects of the kidneys.

High blood pressure may be due to congestion in the kidneys. Hardening of the arteries and other vascular disease may affect the kidneys. Hair analysis may help find causes and guide correction of many symptoms related to the kidneys.

### KIDNEY INDICATORS ON A HAIR ANALYSIS

Kidney conditions are revealed on a hair analysis in a number of ways:

- ***Toxic metals including mercury, cadmium and nickel accumulate in the kidneys.*** When a hair analysis reveals these toxic metals, there is involvement of the kidneys. The presence of these metals may cause pain in the kidney area and may also be related to other kidneys symptoms such as stone formation, infection and painful or frequent urination.

As the toxic metals are eliminated, there may be a flare-up of symptoms related to the kidneys. For example, cadmium elimination may cause pain in the kidney area and rarely, even temporary bleeding through the urine.

Other toxic metals and toxic substances may be eliminated through the kidneys as well. For this reason, kidney glandular substance is often recommended to assist elimination of toxic substances through the kidneys.

- ***An imbalanced calcium/magnesium ratio is often associated with the formation of kidney stones.*** One reason for this is that magnesium helps keep calcium in solution. An imbalanced ratio may allow calcium to precipitate, forming stones or calculi.
- ***The sodium/potassium ratio is related to kidney function.*** A low sodium/potassium is an indicator of kidney stress. Dr. Paul Eck first observed this imbalance in patients undergoing intravenous chelation therapy. During this therapy, extra minerals are excreted through the kidneys, placing some strain on the kidneys.

A low sodium/potassium ratio is also associated with tissue breakdown and infections. The kidneys may be involved in either of these situations.

### KIDNEY STONES

More than one million Americans are hospitalized every year with kidney stones. Some areas of the country are more prone to stone formation, perhaps due to the water supply or dietary habits.

Medical science is not clear as to why the stones form in some people. The latest theory is that a bacterium begins the formation of the crystals. They continue to grow if conditions are suitable. The pH of the urine is another factor. Urea-splitting bacteria can raise the pH and contribute to struvite stones, a type of hard mineral deposit that can form in your kidneys. Drinking too little fluid can contribute to kidney stones.

Hair analysis often reveals an imbalanced calcium/magnesium ratio in people with kidney stones. Correction of the ratio through dietary modification and supplementation often will reduce further stone formation. Extra magnesium and vitamin B<sub>6</sub>, a magnesium synergist, are very helpful in these cases.

An imbalanced oxidation rate may contribute to an imbalanced urinary pH. Slow oxidizers tend to be more alkaline, while faster oxidation is associated with a more acidic urine pH. Diet and other factors also affect urinary acidity. Note that avoiding all calcium is not necessary to prevent kidney stones, however, inasmuch as dairy products are very low in magnesium, they may best be avoided.

Up to 3% of the population has "silent" kidneys stones. In the course of a nutritional balancing program, these stones will frequently begin to shrink. At some point, a stone may become small enough to pass into a ureter. This may cause an episode of intense pain, urinary bleeding and general discomfort. It is not a cause for alarm, however. The stone will generally pass quickly. Extra magnesium can help relax the ureter and urethra and allow the stone to pass more easily.

### FREQUENT URINATION

This common symptom may have many causes. Excessive thirst and frequent urination may be an indication of diabetes. Other people have what is called a nervous bladder. They feel like urinating before their bladder is full. They usually do not urinate large amounts, as do diabetics.

In men, an enlarged prostate may cause a reduced urinary stream and incomplete emptying of the bladder that requires frequent trips to the bathroom. Chronic bladder infections, more common in women, can cause irritation that leads to frequent or painful urination. Consuming large amounts of tea, coffee or certain irritants may cause more frequent urination. Of course, just drinking a lot of water may also cause frequent urination.

Correction depends on the cause. On a hair analysis, one might look for a low sodium/potassium ratio, toxic metals, diabetic indicators, or an indicator of nervous tension such as elevated copper, low calcium and magnesium, or low zinc.

### PAIN IN THE KIDNEY AREA

Kidney pain may cause a low back ache. The area may be tender to the touch. Pain may radiate around the sides of the abdomen if the ureter and bladder are involved.

Causes for kidney pain include the presence of toxic metals in the kidneys, kidney stones, infection or irritation of the kidneys. Blockage and swelling of a kidney is a serious condition that may cause pain. A hair analysis may be helpful to suggest the possibility of an infection, kidney stones or irritation from a toxic metal.

### KIDNEY INFECTIONS

There are many kinds of kidney infections. They can be quite severe and even life-threatening. They should never be ignored! Bladder infections that go untreated often spread to the kidneys. In addition to a scientific nutrition program, among natural remedies vitamin A and colloidal silver are often very helpful for kidney and bladder infections.

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